

Poached Tilapia with a Parsley-Pine Nut Sauce – Tom Koch

Ingredients:

1 pound tilapia filets cut into 4 pieces
1 tablespoon fresh lemon juice
½ teaspoon salt
½ teaspoon freshly ground pepper
2 teaspoons butter
2 tablespoons all-purpose flour
¾ cup fat-free milk
½ cup chopped parsley
2 tablespoons pine nuts

Spray a 10 inch sq microwaveable dish with nonstick spray.

Add the fish and sprinkle with lemon juice, salt, pepper; dot the fish with butter.

Cover fish and microwave on high until the fish is just opaque in the center, 5-6 minutes, then let it stand covered for 1 more minute. Drain the liquid from the fish into a cup. Cover the fish to keep it warm.

Meanwhile, mix the flour with 2 tablespoons of milk to a smooth paste in a medium saucepan.

Stir in the remaining milk and the fish liquid.

Cook, stirring constantly, until the mixture boils and thickens.

Stir in the Parsley and pine nuts.

Pour the sauce over the fish.

Per serving:

143 calories

471 mg sodium

59 mg cholesterol

6g total carbohydrate